

# The Official Newsletter of the Society of Brunswick Shaggers

PO BOX 274, Oak Island, NC 28465

Website: [www.societyofbrunswickshaggers.com](http://www.societyofbrunswickshaggers.com)

FEBRUARY 2013

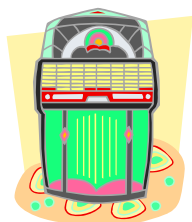


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## Message from Madam President (In Absentia!)

Happy February... while our Madam President is sailing the Caribbean on the 7th ANNUAL MAKING WAVES CRUISE WITH THE CRAIG WOOLARD BAND, we thought we would show you a picture of Mamie Brown presenting a check from the SOBS to the Moose Lodge Administrator to help them with their Veterans Program! The check was presented at our "RE-UP / JOIN-UP" dance held on January 25, 2013.



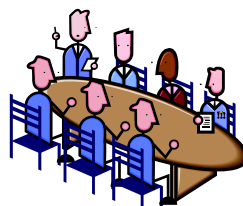
## Special Interest!

Don't forget our February 22, 2013, "Brunswick County Food Pantry" Dance



## 2013 Society of Brunswick Shaggers Board...

Mamie Brown, *President*  
Robert Carter, *Vice President*  
Sue DeMeyer, *Secretary*  
Bill Brown, *Treasurer*



Judy Hudson, *Committee Coordinator*  
Chuck Boney, *Membership*  
Ken Koehly, *Webmaster*  
John Hutton, *DJ Selection*  
Joe Malinowski, *Publicity*

## *Executive Committee Meeting Minutes 01/10/2013...*

**Attendees:** Mamie Brown, President; Robert Carter, Vice President; Sue DeMeyer, Secretary; Bill Brown, Treasurer; Chuck Boney, Membership; Butch Underwood, outgoing Publicity; Joe Malinowski, Publicity/Newsletter; Judy Hudson, Committee Coordinator; Roxie Wheeler, outgoing Secretary; Dean Hatcher, outgoing Treasurer

**Secretary's Report:** A motion to accept the Secretary's Report of December 6, 2012 was made, seconded and approved by the Committee members in attendance.

**Treasurer's Report:** It was reported that the Club currently has \$1,845 in the bank which does not include \$200 in the cash box, \$420 for SOS cards, or \$430 in Uplink funds to be paid to the Moose Lodge in January, 2013. A motion was made, seconded, and approved by the Committee members in attendance.

**Old Business:** None

**New Business:** The January 11, 2013, "Winter Boogie" dance will be held at the VFW with DJ Bill Ruth. Members are asked to bring soups and stews. Judy will teach Boogie Shoes at 6:00. The January 25, 2013, "Re-up" dance will be held at the Moose Lodge at 6:00 with DJ Fessa John Hook. Food to be provided by the Club includes pulled pork, baked beans, slaw and cake. Board members will work the door and collect money. Chuck will take completed applications and give out membership cards. Butch has created 2 pages of information about the Club which will be given out to new members in addition to being sent along with the re-up application in the newsletter. Non-members will owe \$10 for entrance and dinner.

**Finances:** Dues for ACSC and ASCAP are paid for the year. The bank account has been transferred to the new Treasurer.

**ACSC Meetings:** Mamie is set to attend the mid-winter and winter sessions.

The February 8, 2013, "Sweet Heart" dance will be held at the VFW with DJ Terry McPhail. Members will be asked to bring heart healthy foods.

**Open Discussion:** Discussion continued regarding a live band for the Christmas dance. It was decided to survey the membership. This could be done at the "Re-Up" dance and/or online. The Board will then plan according to their feedback.

The February 22, 2013, dance will be at the Moose. Members will be asked to bring non-perishable food items to benefit the Brunswick County Food Pantry.

A motion to adjourn was made, seconded and approved by the Committee members in attendance.

Minutes Submitted by:

*Sue DeMeyer, Secretary*

## February Birthdays...

4th... Sammy Townsend  
 7th... Betsy Jones  
 14th... Trove Hinson  
 18th... Paul Yeso  
 19th... Zeb Starnes  
 22nd... Diane Boyette  
 23rd... Cherri Swanko  
 25th... Marilyn Hill  
 25th... Frank Popelars  
 28th... Michael Sral  
 ???... Buck Rogers




## February DJ Information...

Fellow Club members,

I hope that you had a good time at our January dances with Bill Ruth and then John Hook at the Re-Up/Join-Up. The soups were great at the VFW! Bill and John keep the dance floor full and make sure you request your favorite songs!

It looks as if February is going to be just as much fun. Spinning the discs for our dances this month are:



Friday, February 8th – David “Salty Dog” Wade at the VFW for our  Sweetheart Dance

and

Friday, February 22nd – Terry McPhail at the Moose Lodge

Our DJ for February 8th is *David “Salty Dog” Wade*. David is a High Point, North Carolina native, and had a career in the Air Force as a DJ with American Forces Radio and Television Services. He has been fortunate enough to DJ all over the world from Moscow to Wyoming. David is a past owner of “Shanty’s Beach Club” at Carolina Beach, NC. He now has his own internet beach music show. Come out for a great evening of music and dancing, so see you on the 8th.

*Terry McPhail* will be playing for our Friday, February 22nd dance at the Moose. Terry has been involved as a Beach Music DJ for a number of years and has played for our club many times. He is retired from a career in the US Army. Every year he has supported our Project Uplink with a DJ Party donation. He and his wife Karen live at Ocean Drive (N. Myrtle Beach) and in Elizabethtown, NC. Terry is one of the DJs on the Annual Blues Cruise and is *always* at the OD Arcade playing the best songs during SOS.

Hope to see all of you on the dance floor soon.

***John Hutton, DJ Selection***

## 2013 Dance & Party Schedule (Subject to Change!)

<u>DATE</u>	<u>LOCATION</u>	<u>ENTERTAINMENT</u>
FEBRUARY 8	VFW (SWEETHEART DANCE)	ROBERT CARTER
FEBRUARY 22	MOOSE (BRUNSWICK COUNTY FOOD PANTRY)	TERRY McPHAIL
MARCH 8	VFW (SOBS 20TH ANNIVERSARY PARTY)	JOEY WARREN
MARCH 22	MOOSE	CLAUDE COLLINS
APRIL 12-21	NORTH MYRTLE BEACH, NC	SPRING SAFARI SOS
APRIL 20	NORTH MYRTLE BEACH, NC	PARADE & SOBS FREE POUR
APRIL 26	MOOSE (SOAR PET FOOD DRIVE)	EDDIE BAKER
MAY 10	VFW	GENE SISTARE
MAY 24	MOOSE	JERRY BURRAGE
JUNE 14	VFW	ROBERT CARTER
JUNE 28	MOOSE	JIM ROSE
JULY 1	BEACH DAY	NEW HOPE FUNDRAISER/SHAG CONTEST/BAND
JULY 12	VFW	CHIGGER WOODS
JULY 26	MOOSE	JOEY WARREN
AUGUST 9	VFW	BILL RUTH
AUGUST 23	MOOSE	JIMMY BUFFKIN
SEPTEMBER 13-22	NORTH MYRTLE BEACH, NC	FALL MIGRATION SOS
SEPTEMBER 14	NORTH MYRTLE BEACH, NC	SOBS FREE POUR
SEPTEMBER 27	MOOSE	TERRY McPHAIL
OCTOBER 11	VFW	DAVID WADE
OCTOBER 25	MOOSE (PROJECT UPLINK FUNDRAISER)	JOHN HOOK
NOVEMBER 8	VFW	CLAUDE COLLINS
DECEMBER 7	MOOSE (CHRISTMAS PARTY)	JERRY BURRAGE

The Society of Brunswick Shaggers is a proud member of The Association of Carolina Shag Clubs (ACSC) and SOS (Society of Stranders). The SOS Website can be found at: [www.shagdance.com](http://www.shagdance.com)



Through the National FastDance Assn., our dance club activities are licensed by:



## *SOS Information...*



SOS stands for The Society of Strandars. It started back in 1980 when a group of old Life Guards and Beach Bums decided to gather back at the beach (Ocean Drive) and relive some of the old times dancing, drinking and just having fun. It has now grown into three of the largest adult parties on the east coast.

The first of these parties is now upon us. It is the Mid-Winter SOS Party and it runs from January 18th through January 20th. Contact Butch Underwood at [lbunder@ec.rr.com](mailto:lbunder@ec.rr.com) or 910-278-9039 to buy your SOS Cards for only \$30 (\$35 at North Myrtle Beach). This card entitles you to free admission to all SOS events (a total of 23 days) for winter, spring and fall.

Look for another article in this Newsletter concerning where to dance at SOS.

Submitted by... *Butch Underwood*

## *SOS at SEA... More Cruises in 2013*

Check out [www.shagdance.com](http://www.shagdance.com) for information on cruises coming up this year and any other special parties that are happening!



***From our friends at "COASTAL SHAG CLUB"...*** The FEBRUARY dance will be held at the Shallotte Moose Lodge on SATURDAY, FEBRUARY 16. Mike Rogers will be our DJ.

## ***Wrightsville Beach Blockade Runner Resort... February 14 -16, 2013***

The kickoff event for East Coast Shag Classic is Valentine's Day, February 14, 2013. Please join them for a "Hearts for Hope Benefit" with a lavish dessert reception featuring Band of Oz and The Big Kahuna Beach Party. Two night and three night packages are available. The three night packages will include the Hearts for Hope Benefit on Valentine's Day. Our featured bands and DJ's for the Shagging for Hope weekend include: Jim Quick & Coastline, Little Mr. Beach, Joey Warren of the Joey Warren Show, The Craig Woolard Band and John Moore, DJ of the Friday Night Sock Hop on 107.9 WNCT. We are excited to have these great bands and DJ's to come and be a part of this worthy cause.

Make your reservations early as there are a limited number of rooms available. This event provides a unique venue for fun and camaraderie while raising money for a much needed cause.

Go to [www.eastcoastshagclassic.com](http://www.eastcoastshagclassic.com) for rates and schedule.

## *Places to Dance in North Myrtle Beach, SC...*

2013 SOS Dates:

Spring Safari – April 12 thru April 21

Fall Migration – September 14 thru September 23

*Please note: The State of South Carolina has passed a law prohibiting smoking in bars and restaurants. Most bars have an outdoor area for the smokers!*

*Fat Harold's* – On Main Street on the left going toward the ocean. Two dance floors are available. Food is available.

*Duck's and Duck's Café* – On main Street on the right going toward the ocean (across from Fat Harold's). Three dance floors are available. Food is available.

*Pirate's Cove* – On Main Street on the right going toward the ocean just past Duck's. One dance floor is available. Food is available.

*OD Pavilion* – On Ocean Blvd at the end of Main Street on the right. One dance floor is available. Open to the Beach and the Ocean. NO SOS CARD NEEDED. Food is available.

*Spanish Galleon* – On Ocean Blvd at the end of Main Street on the left. Look on the street for signs advertising Bands. No food.

*OD Beach Club* – On Ocean Blvd at the end of Main Street on the left. The OD Café and Tiki Bar are on the ocean front beside of the Galleon. There is an upstairs (OD Beach Club) dance floor and a downstairs (Tiki Bar) dance floor. The Upstairs Club may not be open all of the time this fall. Food is available at times. **The Society of Brunswick Shaggers usually starts out at the upstairs club around 7 or 8 pm on Friday and Saturday nights or ends up there around 10 or 11 pm.**

*OD Arcade* – On Ocean Blvd (turn right off of Main Street) on the right. One dance floor is available. Has a porch. Food is available all of the time.

You can easily walk to all of these venues. There is ample parking behind Duck's and the Pirate's Cove (enter off of Ocean Blvd). Note that there is only one place that will allow you in without an SOS Card or admission fee (OD Pavilion). You can also go to the SOS Website ([www.shagdance.com](http://www.shagdance.com)) and check on any live entertainment offered at some of the Clubs and Dance Lessons available.

**Twisters Shag Club** offers a DJ schedule at [www.goshagging.com](http://www.goshagging.com).



## *You Are Not Alone!*

Did you know that there are 97 active Shag Clubs that are Members of the Association of Carolina Shag Clubs (ACSC)? North Carolina leads the way with 43 Clubs. The other nine states that have Member Clubs are as follows: South Carolina – 25, Virginia – 10, West Virginia – 5, Tennessee – 4, Georgia and Florida – 3 each, Pennsylvania – 2, and Kentucky and Alabama with 1 each. The overall memberships of these Clubs totals almost 16,000. This total does not include the 28 Clubs, organizations, and lounges that are subscriber members of ACSC. If you are travelling, check out [www.shagdance.com](http://www.shagdance.com) and find out if a Shag Club is available at your location. You can find out when and where each Club meets under the ACSC Clubs tab at “when and where”.

The listing below is of several Shag Clubs that are close to the Brunswick County area. Pick one or two out, get some friends together and take a “Road Trip”:

- Atlantic Beach Shag Club – Atlantic Beach, NC – [www.atlanticbeachshagclub.com](http://www.atlanticbeachshagclub.com)
- Cape Fear Shag Club – Carolina Beach, NC – [www.capefearshagclub.com](http://www.capefearshagclub.com)
- Carolina Shaggers Shag Club – Lumberton, NC – [www.carolinashaggersclub.com](http://www.carolinashaggersclub.com)
- Causeway Shag Club – Surf City, NC – [www.causewayshagclub.org](http://www.causewayshagclub.org)
- Coastal Shag Club – Shallotte, NC – [www.coastalshagclub.org](http://www.coastalshagclub.org)
- Ocean Drive Shag Club – North Myrtle Beach, SC – [www.odshagclub.com](http://www.odshagclub.com)
- South Strand Shag Club – Pawley’s Island, SC – [www.southstrandsc.com](http://www.southstrandsc.com)

From this list you can see that the Society of Brunswick Shaggers (with its 2012 Membership of 200) is not the ONLY Shag Club ..... But it is the BEST Shag Club! Dance every chance that you get!

## *Butch Underwood*

### *From Brunswick County Parks & Recreation...*

As the fitness coordinator of Brunswick County I plan fun ways to encourage people to be more active and live healthfully. Shag dancing is definitely a fun activity that has great health benefits.

Shag dancing burns calories and depending on the dance moves done, a person weighing 150 pounds can burn 200 or more calories in just a half an hour of dancing! It improves cardiovascular endurance when dancing for an extended amount of time. Dancing 15 minutes or more at a time (that’s at least four or more 3 to 4 minute long songs) will elevate heart rate and increase stamina and endurance.

Learning how to shag dance helps improve memory, proprioception (awareness of the position of one's body) and coordination. Shag involves many different dance moves which requires the dancer to coordinate the steps and perform a connection between the mind and body. Both learning shag dance and dancing the learned moves help improve the memory and proprioception. Proprioception helps with balance and injury prevention.

Having good balance helps the body to react appropriately when the body goes out of line or position. For example, when we trip or lose our balance it’s proprioception & balance that helps us to regain our body position to avoid falling. The social interaction aspect of shag dancing help reduce stress, depression and lend a support group which encourages participation and increases retention of the activity. Being that shag is a fun recreational activity, it helps improve our mood. In addition, dancing raises our endorphin levels which helps reduce stress and can even help to reduce the symptoms of depression.

*Ruthie McHugh, Fitness Coordinator*